## Health & Wellness Core Group Meeting January 13, 2011

## Minutes

Those present: Odile Saddi, Mary Sweeney, Shawn Brennan, Phil Smakula

Odile provided a brief update on what is happening with the Senior Summit workgroups. The County Executive has requested that the workgroups continue into the foreseeable future.

There was also discussion amongst the group on:

Fall Prevention efforts and proposals End of Life initiatives including April 7- National Healthcare Decisions Day Health Care Reform Issues

Direction of the Health and Wellness Advisory Committee

There was also a lengthy discussion concerning the direction and role of the Senior Health and Wellness group and the format of future meetings. One function may be to identify unmet health and wellness needs of older County residents and communicate them to the non-profit community. Shawn is going to send out a "Survey Monkey" polling the committee members for more ideas and report back prior to the February advisory committee meeting.

There was also a discussion of the accomplishments the group achieved during the past year, including all of the Falls Prevention Programs, the brochure, and the coordination and sharing of program information at our meetings. We now need to identify a future goal or two while continuing to promote falls prevention programs.

The agenda for the February Advisory Group meeting is planned as follows:

- Focus on 2011 work plan: Identify 2-3 priority issues and discuss what success would look like in each of these areas.
- Identify organizations that could identify potential funders.
- Brainstorm people who might be appropriate for the Committee
- Discuss results of the survey
- Hear updates on the Montgomery County Recreation Department budget

The next meeting of the entire group is scheduled for Tuesday, February 15, 2011, from 3-5 p.m., at the Holiday Park Senior Center.